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FOR IMMEDIATE RELEASE

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**“Mini-Arnold” Competition Finds University’s
Strongest Male, Female**

CEDARVILLE, OHIO – Cedarville University will host the ninth annual “Mini-Arnold Weightlifting” competition on Saturday, March 28, in the university’s fitness center. The event, sponsored by the health and fitness student organization, is open to Cedarville students and begins at 2 p.m. The entry fee is \$10.

Students will compete for the title of Strongest Male/Female through a series of strength-related events.

The "Mini-Arnold" is the only competition on campus for strength-related activities. Participants can engage in 10 different events, including squats, deadlifts, bench presses, tire flips and planks, to help determine overall strength. Prizes will be awarded to the top male and female competitor in each event. Points will also be awarded for the best performance in each event and then totaled for the overall Mini Arnold Champion.

“The Mini-Arnold event is one way Cedarville is promoting a healthy lifestyle,” said April Crommet, Ph.D, associate professor of exercise science. "My hope is for students to take their understanding of the importance of exercise they learn from class and then experience it for themselves. This competition is one way for students to show the benefits of long-term weight training."

Located in southwest Ohio, Cedarville University is an accredited, Christ-centered, Baptist institution with an enrollment of 3,620 undergraduate, graduate and online students in more than 100 areas of study. Founded in 1887, Cedarville is recognized nationally for its authentic

Christian community, rigorous academic programs, strong graduation and retention rates, accredited professional and health science offerings and leading student satisfaction ratings.